



City of Annapolis **Heat Emergency Action Plan**

Providing cooling relief to Annapolitans and the general public during a heat emergency.

What? Cooling Centers provide a temporary space to cool down, hydrate and reduce the health risks associated with excess exposure to heat.

Where? Roger “Pip” Moyer Community Recreation Center
273 Hilltop Lane, Annapolis, Maryland 21403

Cooling Center visitors will not have access to exercise equipment or the gym

When? The Office of Emergency Management (OEM) will typically activate the Cooling Center during a Heat Advisory or Excessive Heat Warning announced by the National Weather Service.

Stay Informed with OEM:  @AnnapolisOEM  www.facebook.com/annapolisoem
 Prepare Me Annapolis Mobile App  (410) 216-9167  www.annapolis.gov/OEM

Heat Wave Safety Tips

Slow down. Strenuous activities should be reduced, or rescheduled to the coolest time of the day.

Dress for summer by wearing lightweight, light-colored clothing.

Put less fuel on your inner fires. Food (like proteins) increases metabolic heat production which also increases water loss.

Drink plenty of water. Drink plenty of fluids even if you don't feel thirsty, and avoid alcohol.

Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat.

Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult

If you feel your body temperature has reached an unsafe level, please seek medical attention or call 911 as soon as possible.